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The Main Selection
a major work
by Sibylle K. Escalona
on normal patterns
of development
in infancy



a review by LESLIE F. MALPASS, Dean
College of Arts and Sciences
Virginia Polytechnic Institute

Sibylle Escalona is well-known to anyone who has had occasion to study the professional literature about young children. She has not cluttered the journals with parochial concerns or esoteric interests. Rather, her contributions are of significance to almost all students of child development. Directed to important considerations, beautifully organized and lucidly written, it is small wonder Escalona's previous writings have attracted attention.

By any measure, however, *THE ROOTS OF INDIVIDUALITY* is Escalona's most important work. The result of twenty years of effort, and built around one of the most penetrating studies of infants ever undertaken, it may well become a handbook for developmental specialists. It is not designed, as is Spock's *Baby and Child Care*, to tell anyone who has a baby how to care for it. Instead, it is intended for serious professionals who are interested in knowing what happens to an infant as the result of his interaction with his environmental milieu. Escalona has done a remarkable job of relating overt behavioral phenomena to meaningful theoretical dimensions. In this alone she has performed a service for all behavioral science.

As the book correctly points out, essentially the same phenomena of infant life have been studied by learning theorists, psychoanalysts, ethologists and Piaget and his followers. But even the most searching of studies has been unable to demonstrate unequivocally the effects of global environmental conditions (e.g., social class, multiple mothering and broken homes) on child development. Relationships between these variables have turned out to be interesting but hardly conclusive. Similarly, investigations have failed to demonstrate significant relationships between single antecedent variables (e.g., breast versus bottle feeding, feeding schedules and the like) and later development.

This is not to say that what parents do or fail to do has no effect on the child's development. It does point up a serious methodological problem in previous research: to wit, the lack of comprehensiveness in dealing with continued reciprocal effects among environmental antecedents and the reactive tendencies of young children. This is the main address of *THE ROOTS OF INDIVIDUALITY*.

Escalona's discussion of method and theory in child development (Part I) in itself is worth the price of the book. It is the best overview of this topic the reviewer has read. Escalona stresses that

developmental change is a function of alternations *within* the organism. Recognizing that experience is the result of necessary and specifiable antecedents, she is concerned primarily with common elements of infant experience. Her arguments against a strictly behaviorist viewpoint are cogent and persuasive.

It may well be true that too many developmental psychologists have used strategies analogous to 19th-century physics rather than to those of modern biology. Escalona obviously prefers the latter. While inviting disagreement by some, this point of view will be well-received by many others. Under any circumstances, this whole section is artfully welded together by objective evidence, clinical observation and logical inference.

The major portion of the book, Parts II and III, is based on an intensive analysis of 32 infants. They constitute equal numbers of the infants with the highest and lowest activity levels within a larger group of 128 infants studied under the aegis of a Federal grant. Thus, much of the material presented serves, from at least one viewpoint, as a defense of the principle of homeostasis. The conceptual difficulties of this principle are duly noted, however.

The four chapters comprising Part II are devoted to comparisons of the "active" and "inactive" infants. The groups described were, respectively, 4- to 12-weeks old, 16- to 20-weeks old, and 24- to 32-weeks old. The amount of information obtained about each group verges on the fantastic. Even a quick survey of this section reveals a remarkable investment of effort. Major dimensions — e.g., spontaneous activity mobility, bodily need states, object stimulation, behavior while in contact with people and bodily self-stimulation—are reduced to particular observed activities. (Some information was based on parent reports, but most was gained through direct observation by trained research workers.)

There is a remarkable set of scattergrams and tables which documents these observations. In addition, supplementary materials at the end of each chapter provide outlines of the behavior dimensions and operational criteria used in evaluating behavior at these age levels.

Escalona presents comparative as well as descriptive data throughout. For example, in discussing bodily need states in the 24-to 32-weeks-old group, she points out, "while at these ages hunger does not necessarily evoke excitement or even significant behavior change, fatigue brings distress and more marked behavior change

than in younger infants." In discussing social behavior, she comments that "active and inactive infants differed primarily not in overt behavior patterns displayed but in conditions that elicited maximal social responses." And, "data demonstrate that, for infants up to eight months of age, finger and hand sucking are not specifically related to a state of hunger but tend to accompany any excitation of comparable intensity. If anything, they are more pronounced during spontaneous activity and fatigue than during hunger." These quotes are illustrative of many interpretations that will impress the thoughtful reader.

In the third major section of *THE ROOTS OF INDIVIDUALITY*, Escalona deals with the concept of *adaptation syndromes*. Behavioral criteria and boundaries for "stable patterns of experience" (SPE) are specified. "Behavior boundaries" are used in preference to "thresholds" or "rudimentary ego functions," but the reader who prefers the latter constructs will have no difficulty in the transfer of terms.

The major hypothesis in this section is that a relationship exists between SPE and developmental outcome. While some of the data given at the end of the chapters (undoubtedly included for the reader who wishes to draw his own conclusions) do not support the hypothesis, a surprisingly large proportion do so.

Many readers will find the three extended chapters dealing with individual adaptation syndromes to be the most interesting of all. Here Escalona demonstrates a happy application of reflective observation imposed on objectified behavior characteristics. Each child in the study is presented as a human being acting and reacting in a particular milieu. Each is evaluated in terms of SPE characteristics and outcome ratings. A thorough and perceptive discussion attends every case presentation.

THE ROOTS OF INDIVIDUALITY is more than an impressive study of infant development. *Escalona probes more deeply into the dynamics of behavior than did Gesell; simultaneously, she presents a kind of child-ecology as comprehensive as that of Barker and Wright.* Her data-based reasoning surely will stimulate this and succeeding generations of psychologists, pediatricians, psychoanalysts, social workers — anyone who is interested in the application of behavioral science to the understanding of human development — and may mark the origin of a new and fruitful era of theory and research in this area.

The Main Selection:

THE ROOTS OF INDIVIDUALITY

by Sibylle K. Escalona

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THE ROOTS OF INDIVIDUALITY is the Main Selection of Behavioral
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Part I: Methods and Theory

1. Current Trends in Research
2. Dimensions of Infant Behavior
3. Stable Patterns of Experience as Determinants of Developmental Course
4. Basic Data and Methods of Data Analysis

Part II: Comparison of Active and Inactive Infants

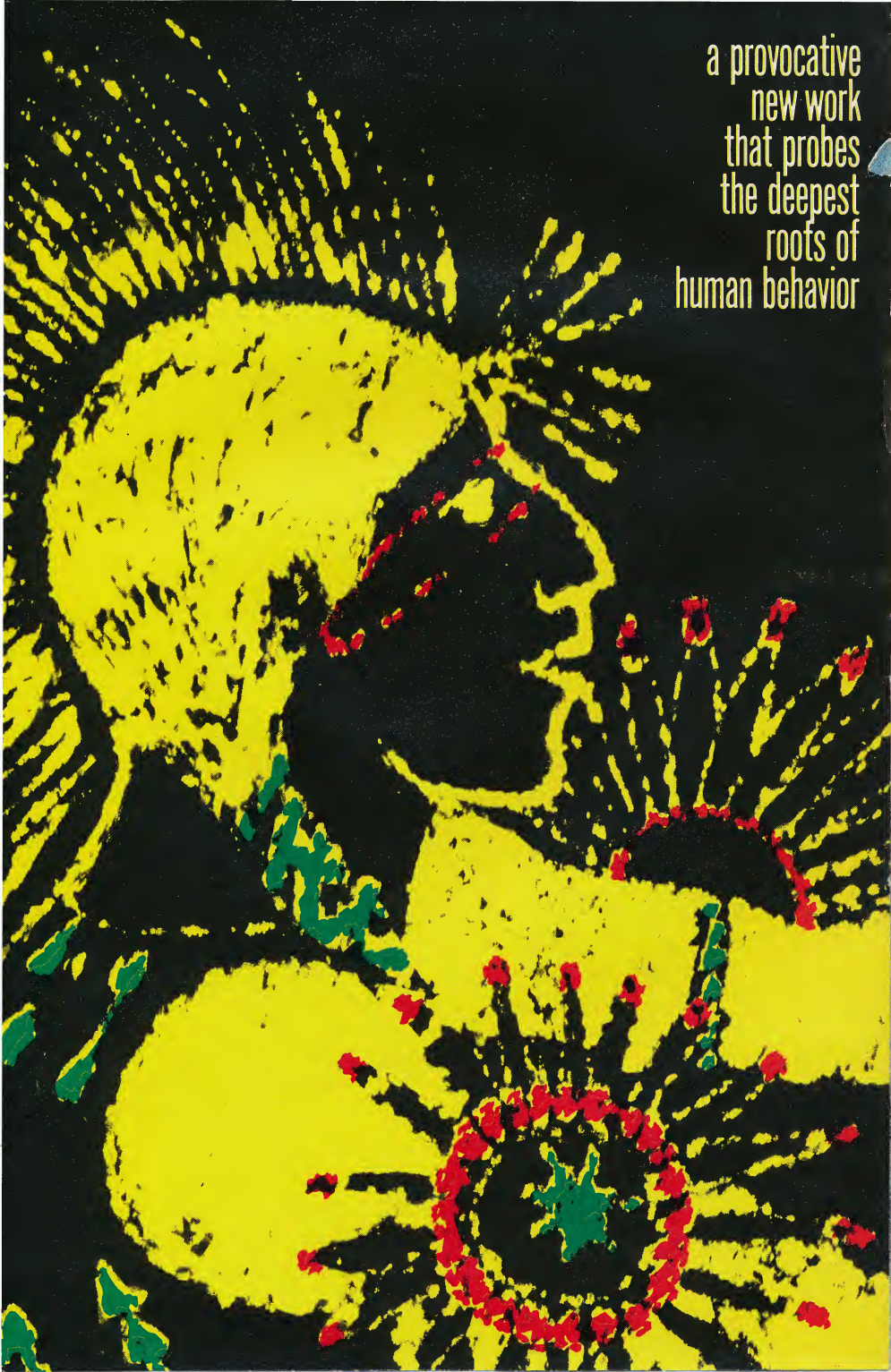
5. Group One: 4- to 12-Week-Olds
6. Group Two: 16- to 20-Week-Olds
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15. Individual Adaptation Syndromes: Group Three
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a provocative
new work
that probes
the deepest
roots of
human behavior



Editor's Note: *Few new books have sallied forth freighted with such a long title as Peter Farb's important new work, MAN'S RISE TO CIVILIZATION AS SHOWN BY THE INDIANS OF NORTH AMERICA FROM PRIMEVAL TIMES TO THE COMING OF THE INDUSTRIAL STATE. At the same time, few book titles have so aptly and so completely described the theme of the work as does this. Viewed either as a study of man's social behavior in general or as a survey of North American Indian societies in particular, MAN'S RISE, ETC. is a pioneering work — a book about the first Americans and, more important, a study of man, now and throughout human history.*

an appreciation by
Elman R. Service
Professor of Anthropology
The University of Michigan



MAN'S RISE TO CIVILIZATION AS SHOWN BY THE INDIANS OF NORTH AMERICA FROM PRIMEVAL TIMES TO THE COMING OF THE INDUSTRIAL STATE has two great virtues. It is the best general book about North American Indians that I have ever read and it also does a fine job of illustrating an important use of cultural evolutionary theory.

The North American Indians, of course, are subjects of an enormous amount of fiction. Unfortunately, however, they are largely a genre, like our romanticized cowboy, rather than a reasonable depiction of the aboriginal reality. There is, to be sure, a fairly large body of specialized anthropological theses and monographs, but these are not literature. Most are academic, pedantic, unreadable. La Farge's *Laughing Boy* is a fine book, but it is also a grand exception.

MAN'S RISE, ETC. is not a novel like *Laughing Boy*, however, but a scientific work designed to be informative in a very general way. I believe it is scientifically accurate. But it departs strikingly from the standard works, such as Wissler's classic in anthropology, *The American Indian*, by being readable. Peter Farb studied his subject hard for years, but he writes like a breeze, and the reader is thus not conscious of the labor.

Such a wonderfully interesting subject, the American Indians, yet how demeaned by the mediocre literature, both literary and academic. But I am not saying that Peter Farb's book is merely the best of a poor lot. It is a very good book in an absolute sense.

Equally important is the other virtue of the book, its contribution to the theory and practice of cultural evolutionism. For over half a century American and British academic ethnology has been actively antievolutionary, or at best, passively nonevolutionary. The antievolutionary phase seems

over and a few articles and fewer books have recently appeared with proevolution arguments. But they are, naturally, mostly general and theoretical arguments with little actual application that demonstrates the intellectual potentiality of the theory.

Evolutionary theory, basically, is about the rise of complexity, whether of the movement from simple to complex biological organisms or simple to complex cultures. The American Indians are highly variable in cultural complexity, ranging from simple hunting-gathering bands of only a few hundred people, through intermediate tribes like the Iroquois, to the affluent chiefdoms of the Northwest Coast, and finally the flamboyant empire of the Aztecs of Mexico. The average White American is not at all conscious of the tremendous cultural differences that are related to these vast differences in size and complexity.

The Indians of both North and South America are one race. Yet no cultural similarity, however general, can be discerned that is ascribable to that fact. On the other hand, literally hundreds of diverse language *families* (not just separate languages) are found among them. But here again there is no important sociocultural characteristic attributable to a language family. Some of the simplest bands, the Shoshone of Nevada, are of the same language family as the imperial Aztec!

Evidently a theory of cultural evolution is a substitute for racistic and language-family accounts of the origin of cultural diversity. It holds that the origin of the major divergent forms of culture are functional concomitants of the rise of societal complexity—that is, of the evolutionary process itself. But evolution is not a simple, one-way process. The key to modern evolutionary theory lies in the concept of adaptation: every society has a culture that adapts, more and less successfully, to an environment. Some of the Indian societies reached a dead end of adaptation, while others continued adapting in ways that made for (or allowed) the rise of greater complexity. This interesting book illustrates clearly the uses of the theory.

Many American readers are Boy Scout types like me, who refuse to grow up, who romantically love the American Indians and will never stop. It is a great book for them (us). But some of us are also, perhaps unexpectedly, would-be intellectuals: interested in science, theory, logic, history, abstractions, data, art and literature, among other things remote from adventurous Indian scouts. Here for once in **MAN'S RISE, ETC.** is the romantic subject we love, and the intellectualism we love, served up at the same time by one single author. Peter Farb is plainly one of us.

—from the *Foreword*

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FOREWORD by Professor Elman R. Service, *The University of Michigan*

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15. Borrowed Cultures
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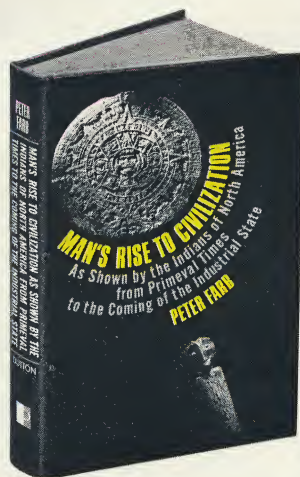
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HUMAN SEXUALITY



The sexual revolution notwithstanding, a thick cloud of misinformation still obscures the subject of sex. The need for an authoritative and incisive volume on human sexuality — one that goes beyond a chilly clinical exposition of the mechanisms of human reproduction or a mechanical description of the gymnastics of the human mating rites — has long been recognized.

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"The aim of the book," says Dr. McCary, "is to explore the physiological, sociological, and psychological components of human sexuality in a readable yet sufficiently detailed manner so that the mystery and confusion enveloping this needlessly hypersensitive subject can be dispelled."

Frank, compassionate, and often wryly humorous, **HUMAN SEXUALITY** presents detailed, accurate information on every aspect of sex — from the physiological development and differentiation of the male and female genitalia to sexual arousal, coital positioning, and orgasmic response; from fertilization, prenatal development, and parturition to types and methods of birth control.

The psychological aspects of human sexuality are dealt with in highly illuminating chapters on attitudes and behavior and on sexual myths and fallacies — the latter reflecting the questions most frequently posed (anonymously and in writing) by more than 7500 students whom the author has taught in a course on marriage and the family. The medical and specific therapeutic aspects of the subject are covered in the sections of the book detailing sexual diseases and disorders, aphrodisiacs and anaphrodisiacs, and sexual aberrations. The concluding chapter, *Sex and the Law*, sketches human sexuality in its legal context in present-day American society.

In a field in which most of the literature is either lurid or embarrassingly pedantic, very few books have appeared which have demanded the attention of the serious behavioral scientist. **HUMAN SEXUALITY** is one of those rare books, both for its candor and its scope.

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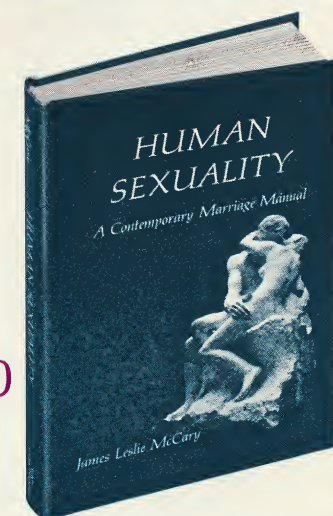
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a review by
AUGUST B. HOLLINGSHEAD
Professor and Chairman,
Department of Sociology
Yale University

Contemporary societies are faced with many issues they define variously as social, economic, or political in nature. Each society attempts to cope with what concerns its dominant members whether it be crime, mental illness, unemployment, overpopulation, prostitution, child neglect, or other problems on the long list of social ills. Increasingly in our society social scientists are being called upon for help in the solution of particular problems.

In **METHODS FOR EXPERIMENTAL SOCIAL INNOVATION**, Fairweather argues that behavioral scientists have the responsibility of aiding society in the solution of its everyday social ills. Before they can do this effectively, however, two changes are necessary: *behavioral scientists must abandon their holier-than-thou attitude toward applied research, and they must develop new methods and institutions to cope with society's many problems.*

Fairweather believes that a combination of scientific methods, humanitarian values, and a willingness to innovate experimentally will provide the knowledge to bring about desirable social changes.

From this philosophical position, the author of **METHODS FOR EXPERIMENTAL SOCIAL INNOVATION** develops a model to illustrate a

successful attack by society on particular social problems. This model calls for an interdisciplinary approach. The number and variety of disciplines to be involved depend upon the situation — whether the study is being carried out in an institution, such as the mental hospital, or in the community — and the nature of the problem under study.

Planning for action is the crucial first step. This involves selection of the problem, obtaining and understanding administrative commitments, formation of a research team, a definition of what is to be changed as well as awareness of what is not being changed, and a plan to ensure that the changed and the stable subsystems are comparable.

Other important elements during the planning phase include definition of the population to be acted upon, procedures of selection of the population sample, concepts and procedures of measurement between the subsystems under study, selection of the appropriate methods to be applied to the experimental population, and methods to avoid contamination of the control population.

The innovative research team and the selection of methods to study social relationships within the study group are crucial to the eventual success or failure of the project. Once plans are set and put into action, the innovative system needs to be carried out for a long enough period to determine effectively whether or not the planned solution works.

While the action program is in effect, the research team has to collect the necessary data to enable it to evaluate the efficacy of the measures applied to the experimental, in contrast to the control, population.

The action phase is followed by an analysis and evaluation phase. This, in turn, is succeeded by a dissemination phase in which the findings of the innovative experiment are fed back to the society.

Fairweather eloquently states his belief that to realize the potential of innovative social research, a new institution essentially concerned with planned social changes should be developed. This institution might be attached to a university, an industrial enterprise, or the government; or it might be an independent new center.

Irrespective of its location the institution will have to be well-financed over a long period of time. Work in it will have to provide career opportunities for the staff and desirable status in the society.

METHODS FOR EXPERIMENTAL SOCIAL INNOVATION is an important and timely book. It deserves careful attention by health professionals and behavioral scientists who are concerned with any aspect of social problems. Does this not include most of us?

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"adds to our understanding of how to advance with rational and steady steps toward a better society."

— Ronald G. Havelock

Center for Research on Utilization of Social Knowledge
University of Michigan

"sets a general direction for research on experimental social innovation which should prove to be useful in many types of social systems."

— Christopher Sower

Department of Sociology
Michigan State University

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by George W. Fairweather

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METHODS FOR EXPERIMENTAL SOCIAL INNOVATION, Alternate Selection, may be ordered in addition to or instead of the Main Selection.

A Special Arts and Letters Selection



Francis Bacon—a Renaissance man, if there ever was one—observed, “Some books are to be tasted, others to be swallowed, and some few to be chewed and digested.”

THE PRACTICAL COGITATOR is unquestionably a book of the latter variety. In the words of its editors, Charles P. Curtis, Jr., and Ferris Greenslet, it is “an anthology for the thinker, and not for the feeler—primarily for the extrovert thinker.” Nevertheless, as the editors admit, it runs over into some “introverted and intuitive margins.”

When this unusual volume first appeared almost a quarter-century ago, it was an immediate success with the reading public, and some 30,000 copies were sold during the first season—a remarkable record for a work of this kind. A second edition appeared in 1950, adding new material, additional comments, and a section of references to sources. Just before the lamentable death of both editors, they planned the new and expanded present (third) edition of their book.

THE PRACTICAL COGITATOR is a highly personal volume and derives much of its merit and popularity from that fact. Charles P. Curtis, Jr., a brilliant lawyer, financier and writer, first conceived the idea of the book and selected the material. Ferris Greenslet, an urbane scholar, editor, and man of letters, winnowed the choices and added some of his own favorites. In browsing through this very civilized book, one is conscious of being in the company of two wise men, mellow but sharp, whose vast knowledge enabled them to harvest a select crop from the wit and wisdom of our heritage.

THE PRACTICAL COGITATOR is not a book to be read at one sitting. Rather, it is one to be dipped into now and again; some parts will be read and re-read at length. In fact, it is not one book at all, but many books. The curious reader will find that it opens vast and undreamed frontiers to explore; one in search of stimulation will find much in it that is challenging to the imagination; the person concerned about the ills which beset the world will find much that is reassuring in its pages.

Of course, **THE PRACTICAL COGITATOR** is no mere dictionary of quotations (many selections run to several pages), but the distilled and concentrated wisdom of the ages, from Lord Acton on the lessons to be learned from history to Hans Zinsser on science as discovery. A sampling of some of the briefer selections may serve to tell something

about the book. Here is the first excerpt, the final excerpt from page 644, and one taken randomly:

Any two philosophers can tell each other all they know in two hours.

—O. W. Holmes, Jr. (1841-1935)

In rivers the water that you touch is the last of what has passed and the first of that which comes: so with time present.

—Leonardo da Vinci (1452-1519)

A tale is told of a man in Paris during the upheaval in 1848, who saw a friend marching after a crowd toward the barricades. Warning him that these could not be held against the troops, that he had better keep away, and asking why he followed those people, he received the reply, “I must follow them. I am their leader.”

—A. Lawrence Lowell (1856-1943)

This book deserves a place in every home and library, alongside a dictionary, an encyclopedia, the works of Shakespeare, and the world’s great inspirational literature. It is ideal for the bedside table—but it may cause you to lose some hours of sleep. Carried in a knapsack or packed in a suitcase, it makes the perfect companion for tramping or traveling. (One word of caution is in order, however: Do not lend this book; it will never be returned.) And this may very well be the book to place in every time capsule, one that properly should accompany the first astronauts to the moon.

The story is told of the customer who entered a bookstore in a small western town. While he waited for the attention of a clerk, a huge, roughly dressed man, carrying the gear of a prospector, entered the store. The prospector was in a hurry and asked over the heads of the others for a copy of **THE PRACTICAL COGITATOR**. As he strode to the dusty street, he fixed a fellow customer with a stern though flashing eye and said, “Thar’s *gold* in that book, GOLD!” Gold there is indeed, and the reader is advised to hoard it and use it wisely.

For all the old friends of **THE PRACTICAL COGITATOR** (there are now more than 100,000 copies in print), here is the book they know and love with some forty pages of new material, all to the same high standard. For those to whom this book will be new, there lie ahead the exquisite joy of discovery and many zestful and exhilarating hours of browsing in one of the world’s great books.

Reviewers said of the First Edition:

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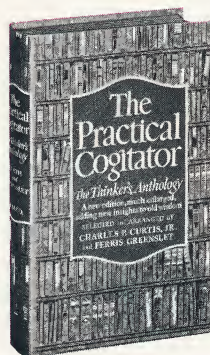
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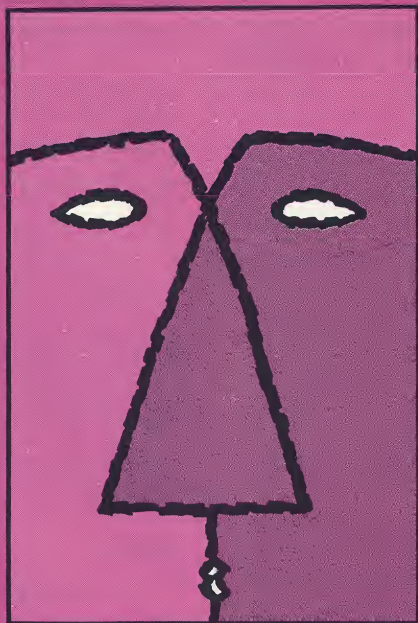
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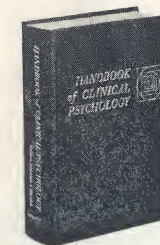
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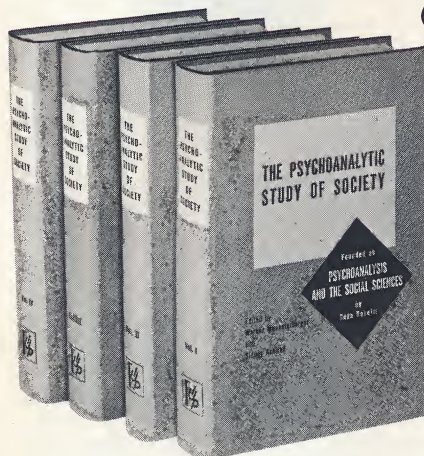
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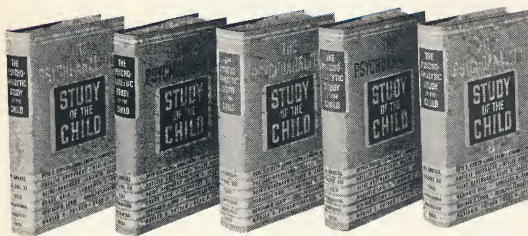
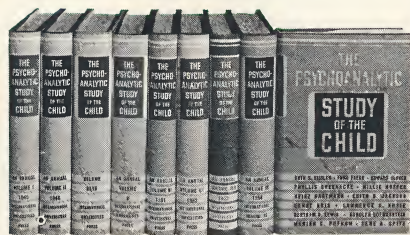
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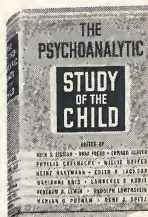
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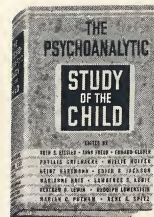
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